

Sometimes things just fall in your lap. I'm working on HOSA SLC preparation and I saw the following: *Anxiety! We have all experienced anxiety at certain times. You feel like you are stuck in a endless circle of fear and worry, unable to escape the heavy burden life throws at you. But you don't have to surrender to it. There are several ways to fight back most important of them are positive thinking and self-care.* Gotta love the timing—check out these [40 best anxiety quotes!](#)

1. Why **work-life balance** may not be achievable for teachers, but here's an article to figure out the closest thing to it! [An Alternative to the Ideal of Work-Life Balance for Teachers | Edutopia](#)
2. The **next Simulation Bootcamp** will be held on **Tuesday, April 11, 2023, at OSU-OKC School of Nursing**, Building 2201, 440 N. Portland Ave., Oklahoma City, OK 73107.

To register for this FREE training: [Agenda - Oklahoma Health Careers Education Teachers' Association \(OHCETA\) SUN Workshop \(cvent.com\)](#)

You can also put a pin in the calendar for the **Simulation Conference, May 18, 2023!**

3. We've received a few **nominations for our OHCETA election**, but I'm calling on you to shake the bushes and help identify some more future leaders to fill the other vacant positions. Please also spread the word to the HCE leaders at your school to see if they have any ideas. **Nominations accepted until April 10th.** We still need nominees for the following positions:
 - President Elect
 - Reporter
 - Dental Assistant
 - Surg Tech
 - PT/PTA OT
 - Sim Coordinator
 - Awards Committee Chair
 - Diversity Action Committee chair
 - Membership Committee chair

Here is the link for the nomination form: <https://forms.gle/fZRSaCbW3ZEy4krx6>

4. Make sure you print off copies of the **Instructional Framework and HCE Approved Assessment** lists found on our website under "resources" and Instructional Framework.
5. **Mid Del** Technology Center has a number of **positions open** that you might want to share with friends/family: [Employment Opportunities | Mid-Del Technology Center \(middeltech.com\)](#)
6. **Ok Summit Housing Opens Thursday March 30th, 9:00 a.m.** Hotels will not accept reservations prior to Thursday, March 30th, 9:00a.m. After this date/time, please refer to the "housing" section of the Oklahoma Summit website for more details at: <https://www.okacte.org/2023-oklahoma-summit>
7. In education, a big challenge **is how to teach students what do to do when they don't know what to do.** What systems are needed for productive struggle to take place in classrooms and schools? How do students *learn* to struggle so they can eventually problem solve for themselves? [3 ways to engage students in productive struggle \(eschoolnews.com\)](#)
8. Have you ever considered presenting for your fellow teachers/administrators at Oklahoma Summit? OKACTE is looking for those interested to submit an application before March 30, 2023: [2023 Oklahoma Summit Session Speaker Request-OkACTE \(wix.com\)](#)
9. Just a quick reminder to get your nominations in for the **Catherine B Junge Scholarship** — [click here](#) to apply! Information about this scholarship follows:
 - The recipient must be a member and be a local, regional, state or national officer of HOSA-Future Health Professionals.
 - Applicants must be enrolled in a secondary, postsecondary or college/university health science education program.
 - The applicant may be a high school senior with proof of acceptance into further education for a health career or an enrolled student in a postsecondary (community/technical/junior college) or university/collegiate health science education program.
 - The applicant's student advisor must be a member of national ACTE National — [click here](#) to learn more about ACTE and join!
 - All applications must be entered online by **April 30** for acceptance and review by the Health Science Education Division of ACTE.

10. Ever wonder why [squinting makes you see better](#)? [Find out why!](#)
11. More Oklahoma students than ever are CTSO members! Check out this press release on the Director's report this week: [More Oklahoma students than ever are CTSO members](#)
12. OKACTE [Legislative Update](#):
 - a. Thursday, March 23, marked the deadline for bills to be advanced from their house of origin. An estimated 1,000 bills are still active following Friday's deadline. Any bill not passed by Thursday's deadline is now considered dormant. For those of you following the [Diploma RN](#) legislation, it did not get out of committee this year. Our programs are ready when the time comes, but for next year, our goal is to get INDUSTRY to the capitol to share the need!
 - b. Another [bill raising teacher pay](#) was advanced Tuesday by state lawmakers, increasing the likelihood that Oklahoma educators will receive some type of salary boost this year. Senate Bill 482, which would increase a teacher's annual pay by \$3,000 to \$6,000, depending on experience, cleared the full Senate with a bipartisan vote of 41 to 1.
 - c. Just one month to go before the legislature is in recess for the year!
13. The work you do everyday is hard. It's hard because of the weight of the work, because [the work that you do matters](#). EVERY. SINGLE. DAY. This week's message is a simple reminder as to [WHY you do the work you do](#).
14. So I don't think anyone doesn't know my heart lies here in Stillwater and I love my Cowboys.....but the latest news is great not only for my alma mater, but also for healthcare in the state of Oklahoma! [OSU announces creation of new, four-year nursing degree program | Oklahoma State University \(okstate.edu\)](#) Now our students don't have to leave to get a BSN!
15. What would happen if you [lost your sense of touch](#)? [This Ted-Ed](#) will explain it to you!
16. We are still seeking ideas for the [Health Careers sessions at Oklahoma Summit!](#) If you have heard a great speaker or there is a topic you have interest in learning more about, please **reply** to this message with your thoughts! Speaking of Summit—[Health Careers will be at the Hyatt Regency, Tulsa Downtown](#)
17. [New Teacher](#) training will be held on **July 19 and 20, 2023**, for those instructors who have been recently hired or were not able to join us this past January. The two-day training will occur in Stillwater at the Ok Dept. of Career Tech Ed.

Have a great week!

Sincerely,
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